

Policy Ideas for your Community Projects



What is Policy?



- Laws, regulations, rules, protocols, and procedures designed to guide or influence behavior. Policies can be either legislative or organizational in nature.

Why Policy?



- Local policies and the physical environment influence daily choices that affect our health—and our weight.
- Policies address an environmental change with a goal of creating or sustaining a healthy community.
- Policies are sustainable.

Examples



- **Community Wellness Grant Action Plan - Schools**
 - Pick a better snack in elementary schools
 - Parent education night
 - Playground equipment

- **Policy Ideas**
 - Open up the facilities (gym, hallways, playground, cafeteria) to allow community members to be physically active
 - Work with local food producers so a minimum percentage of food served is locally grown
 - Work to require a minimum number of minutes of physical education and recess
 - Put nutrition requirements in place, % fat milk, food as a reward, concession sales, a la carte, fund raisers, vending, etc.

Examples



- **Community Wellness Grant Action Plan – Worksites**
 - Promotion of Worksite Wellness Programs
 - Lunch and learns
 - Health risk assessments

- **Policy Ideas**
 - Lactation support including lactation rooms and time for lactation
 - Work time for physical activity
 - Putting nutrition requirements in place for vending and the cafeteria
 - Providing monetary incentives for being physically active and walking and biking to work

Examples



- **Community Wellness Grant Action Plan – Child Care**
 - Parent education materials
 - Nutrition education for preschoolers
 - Healthy heart activities
- **Policy Ideas**
 - Set a maximum amount of television viewing
 - Set a minimum amount of time for physical activity
 - Set nutrition standards for snacks, treats, meals, etc.

Examples



- **Community Wellness Grant Action Plan – Community**
 - Building of a section of trail
 - Newspaper articles promoting the trail
 - Educational programming at community events promoting trail use

- **Policy Ideas**
 - Enhance accessibility to grocery stores through public safety; better outdoor lighting; police patrolling
 - Enhance pedestrian and bicycle safety through reduced speed limits, properly marked crossings, police patrolling
 - Change zoning to require sidewalks in all new developments and retrofitted areas, change zoning to require bike lanes
 - Work with local restaurants to require at least one healthy menu option

Resources



- Iowans Fit for Life State Plan
 - www.idph.state.ia.us/iowansfitforlife/common/pdf/state_plan.pdf
- Recommended Community Strategies and Measurements to Prevent Obesity in the United States
 - www.cdc.gov/obesity/downloads/community_strategies_guide.pdf
- Institute of Medicine Report: Local Government Actions to Prevent Childhood Obesity
 - iom.edu/Activities/Children/LocalObesPrevention.aspx
- Leadership for Healthy Communities: Action Strategies Toolkit
 - www.leadershipforhealthycommunities.org/

Resources



- Prevention Institute
 - <http://www.preventioninstitute.org/>
- Public Health Law and Policy
 - <http://www.phlpnet.org/>
- Promising Strategies for Creating Healthy Eating and Active Living Environments
 - http://www.convergencepartnership.org/atf/cf/%7B245A9B44-6DED-4ABD-A392-AE583809E350%7D/CP_Promising%20Strategies_printed.pdf

Resources



- Active Living By Design
 - <http://www.activelivingbydesign.org/>
- Healthy Eating By Design
 - <http://www.activelivingbydesign.org/category/initiatives/healthy-eating-design>